

Zucchini Spaghetti



We are back and had a great time in Cancun...again? Yes, we love the beaches and the people there...I love to be pampered, lots

of massages, fresh food and sun

I will post some pictures later once I have the chance to organize them. Now I am back to reality...

In regards to this dish...you must be thinking "what"? Zucchini spaghetti? Well, this dish is kind of an impostor...since spaghetti squash is commonly used to mimic spaghetti, this dish uses zucchini to do the trick. In this simple recipe, you will need to shred the zucchini into thin and long threads. Top with your favorite sauce, with or without meat and you have a tasty and healthy meal in front of you in a blink.

This is a very colorful dish, and great to welcome Spring...

Ingredients:

2-3 zucchini

1-2 teaspoon salt

Your

favorite

pasta

sauce





Method:

Shred the zucchini and set aside. Boil water and add salt. Add the shredded zucchini to the boiling water and boil for 1 to 2 minutes. Drain the zucchini well and top it with your favorite sauce.

In this recipe, I topped it with meatball, tomato sauce and added some shredded cheese, sun dried tomatoes and fresh basil.



I hope you enjoy this simple and easy recipe using zucchini. If you like this recipe, you might want to check on the spaghetti squash spaghetti as well. Both this recipes are simple, nutritious and low carb.



Did you know that zucchini is a fruit? Zucchini is very low in calorie, therefore suitable for weight loss diet and contains vitamin C, beta-carotene , magnesium, phosphorus, zinc, potassium and fibers.

Thank you for stopping by Simple Recipes and have a great week!